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Housekeepers' Chat

U. S. Department of Agriculture

Monday, July 23,
or later

NOT FOR PUBLICATION

SUBJECT: Menu and recipes, questions and answers, from Bureau of Home Economics. Information on moths from Bureau of Entomology.

BULLETIN AVAILABLE: Clothes Moths and Their Control.

--ooOoo--

The other day I ate breakfast with a friend of mine who has a little boy about six years old, a rather thin, pale little boy, whose big blue eyes lack the mischievous sparkle I'd like to see in them.

Junior was very quiet during breakfast. He seemed rather indifferent toward his food, but ate most of it. However, I noticed that he did not touch his glass of milk.

"What's the matter, Junior, aren't you going to drink your milk?" asked his mother.

"No," said Junior. "Please don't make me drink it this morning. I don't like milk."

"All right," said his mother. "You know I never force you to drink milk, if you don't want it. Here, have a sip of my coffee."

Well, you can imagine how surprised I was, to learn that my friend is such an ignorant mother. Allowing an undernourished six-year-old to drink coffee, instead of milk he needs so badly.

That's all of my story. Did you hear about the little girl whose mother caught her telling an untrue "story"? "Oh fie, Minnie," said her mother, "you know what becomes of little girls who tell stories." "Yes, mamma," said Minnie, "they grow up and get to be lady story-tellers over the radio."

However, Aunt Sammy had better stop telling stories, and keep her mind on dinner. We're having Cold Sliced Beef Tongue today, if that pleases you. Cold Sliced Beef Tongue; Panned Summer Squash; Buttered Peas; a Crisp Cool Salad of Mixed Greens and Sliced Tomato; and Ice-Cold Muskmelon.

I'll tell you how to cook the Tongue, and the Squash. First, the Tongue. Seven ingredients, for Fresh Beef Tongue:

R-H.C. 7/23

1 beef tongue	1 large onion
4 quarts water	1 teaspoon pepper corns, and
3 sprigs parsley	2 bay leaves.
1/2 teaspoon salt	

Let's repeat the seven ingredients: (Repeat).

Wash the tongue well. Do not trim it. Place it in water to cover, add the seasonings, and simmer for 2-1/2 to 3 hours, or until the meat is tender. Then skin the tongue. Allow it to cool in the liquid, after skinning, and serve cold.

Next, the Panned Summer Squash. You'll want four ingredients for this:

1-1/2 quarts summer squash, cut into very small pieces
3 tablespoons butter
1-1/2 teaspoons salt, and
1/8 teaspoon pepper

Four ingredients, again: (Repeat)

Select young tender squash, wash well, and remove the tips and each end. Cut the squash in 3/4 inch pieces, leaving the skin on unless it is very tough. Melt the butter in a skillet until slightly brown. Then put in the squash, sprinkle with salt and pepper, cover, and cook for 10 or 15 minutes, at medium heat. Remove the cover, and cook a little longer for the liquid to evaporate. Serve hot.

To repeat the menu: Cold Sliced Beef Tongue; Panned Summer Squash; Buttered Peas; Salad of Mixed Greens and Sliced Tomatoes; and Ice Cold Muskmelon.

Questions and answers next. First question: "Can you tell me, please, what causes the unpleasant taste of rubber in my canned fruit and vegetables?"

Answer: New jar rubbers usually come covered with a fine grey powder, which, if allowed to get on the food in the jar, will produce a rubber flavor. Wash the rubbers, before you use them, in hot water, to remove the grey powder.

Second question: "Please tell me how to clean aluminum."

Answer: Aluminum is badly discolored by alkalis. All alkalis turn aluminum black. To prevent discoloration, never wash aluminum ware with strong lye soap, or washing soda. Food containing soda, or much salt, if cooked in aluminum, will cause the kettle to turn dark. Discoloration on aluminum may be rubbed off with whiting or fine steel wool, or it may be dissolved by the acid of vinegar, or by dilute oxalic acid. These acids must be thoroughly washed off the aluminum.

Third question: "Is there any easy way to wash feather pillows?"

Answer: Pillows may be washed without removing the feathers. Scrub them in a weak washing soda solution, using a good suds. Repeat in a second suds, if necessary. Rinse in lukewarm water, changing it two or three times. Dry the pillow on a sheet in the sunshine. Beat the pillows from time to time while they're drying.

Perhaps a more satisfactory way to wash pillows is to transfer the feathers to a muslin bag, two or three times the size of the ticking, by sewing the edges of the openings of the ticking and bag together, and shaking the feathers from one to the other. Wash and dry the bag of feathers in the same way as a whole pillow. After the ticking has been washed separately, apply a very stiff starch mixture to the inside, with a sponge, to close the pores of the ticking and prevent the feathers from working through. Refill the ticking in the same way it was emptied.

Next question: "Do you have any information on how to keep moths away from clothing and upholstered furniture?"

Yes, I'm sending you the popular bulletin called "Clothes Moths and Their Control." The clothes moth, as we all know, is only a small insect, but the damage she can do is tremendous. The moths or "millers," we see about the house have a wing spread of about half an inch, and are yellowish, or buff colored. The moth herself does not eat our clothing. Instead, she lays eggs that develop into the worms which destroy our best winter coats, and our best pair of wool blankets, if we aren't careful. The clothes moth hasn't a bit of sentiment -- she'd just as soon homestead on our heirloom bedspread as anywhere else.

Clothes moths are in greatest abundance, all over the country, from April to October, although in steam-heated houses they may be on the wing at any time. There are three good remedies which may be applied at home, to kill moth larvae and eggs: first, dry heat; second, hot water; and third, a strong solution of laundry soap. Clothing washed with a strong solution of neutral laundry soap will be freed from clothes-moth larvae and eggs, if wrapped tightly in paper, as soon as taken from the clothes line, will remain free from moths. Hats, and other articles which cannot be wrapped tightly, in paper, can be stored in ordinary unbroken cardboard boxes, or hat boxes. Seal the covers with gummed paper. If you want more advice on storing clothes, and protecting them from moths, I'll be glad to send you a copy of a free bulletin called "Clothes Moths and Their Control."

The last question is from a listener who wants a recipe for Stuffed Eggplant. I have here a very good recipe -- one which I think you'll all want to try. Seven ingredients, for Stuffed Eggplant:

1 medium-sized eggplant	3 tablespoons butter
1 pint finely cut cabbage	2 tablespoons chopped peanuts, and
1/2 teaspoon salt	1 cup fine bread crumbs
1 teaspoon onion juice.	

R-H.C. 7/23

Seven ingredients: (Repeat).

Cut the eggplant in half lengthwise. Without puncturing the outer skin, dig out as much of the pulp as possible, and cut the pulp into small pieces. Cook the cabbage and the eggplant pulp in a small quantity of water, for about 10 minutes, drain, and add the other ingredients. Fill the eggplant shells with this mixture, and cover the top with buttered bread crumbs. Place the stuffed eggplant in a shallow baking dish, pour two or three tablespoons of hot water into the dish, and bake for half an hour, or until the eggplant mixture is heated through, and the top crumbs are golden brown.

In place of the cabbage and peanuts, other vegetables may be used in the filling. Left-over string beans, peas, lima beans, corn, or macaroni and tomatoes, are especially good.

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